

## ***Incoming Ninth Grade Registration 2023-2024 Fall Sports Information***

Welcome to Raider Athletics! There are many athletic opportunities to get involved with here at CDH. We offer 27 different sports with various levels of competition. Our fall sports include Girls and Boys Cross-Country, Football, Performance Dance, Girls Tennis, Girls Swim and Dive, Boys Soccer, Girls Soccer, and Volleyball.

We encourage ninth graders to get involved in our Summer Strength and Conditioning programs. Strength and Conditioning improves overall fitness, preparing athletes for CDH sports, and allows you to meet new friends. Please visit our website at <http://www.cdhraiders.org/> for more information.

All fall teams start practice/tryouts **Monday, August 14, 2023**

We will host a Fall Sports Informational meeting Monday, July 31<sup>st</sup> in the Joe Mauer Field House, we will go over all of the admin information as a larger group and then all fall sports parent/athlete meetings broken out into specific teams. Attendance at these meetings is strongly encouraged, as many important topics will be covered, including: team policies, tryouts, and coach expectations.

<https://www.cdhraiders.org/athletics-registration>

All student/athletes are required to submit a **Minnesota State High School League (MSHSL) Sports Qualifying Exam** in order to participate in athletics. MSHSL forms can be found on the CDH Athletics Registration site and are valid for three years.

Please contact Athletic Director Matt Funk if you have any questions:

Phone: 651-696-3384

Email: [mfunk@c-dh.org](mailto:mfunk@c-dh.org)

We look forward to welcoming you in to the Cretin-Derham Hall Athletic tradition!

GO RAIDERS

Culture Creates Champions